1.

Few chemicals used - destroy animals surrounding tissue - not heal. Radium - burns outer skin of D. hands case on administration as harm patient promptly.

2. Animal organisms used weaken or killed before injected in body. In typhoid - dead of killed bacteria injected. Absorbed by blood & stimulate formation of similar antibodies as if typhoid entire Usually 3 injections. Live organisms not used as present in intestine & makes carriers of people.

3. Smallpox - circulating discharge from eruption of mild case.

Vaccines - grown in labs. Bacteria used taken from diseased tissues & kept alive.

Antitoxins - neutralize poisons which bacteria make. Children given through vein & produce supp. antitoxin type Poison produced by bacilli - from animals blood neutralizes effects of toxin & called antitoxin. Animal killed & blood stands in sterile vessel until & coagulates & a clear yellow liquid separates. Is blood serum & constitute diph. antitoxin serum used in treatment of disease. By hypodermic needle - in thigh & late causes rash & edema.

Report V

Food Control

Functions of Food - 3.

1. Furnishes energy [illegible] demands of body
2. Supplies material for metabolism
3. Regulates body processes [illegible]

How F. satisfied

1. Fats
2. Carbohydrates
3. Proteins
4. Minerals
5. Vitamins

Results of Deficiency

Protein - Lack of energy & body [illegible]

Carb & Fat

Mineral - calcium & phosphorus - malform of bones - tooth decays teeth [illegible] during pregnancy. Iron & copper def [illegible] in anemia

Vitamins - A - colds & upper respiratory infections. B_1 - neuritis & heart disease. C - scurvy & gum inflammation. D - rickets, poor dental health & decay. G - pellagra - sore mouth & tongue, digestive disturbances - reddening of skin exposed areas - [illegible] of exposed areas on skin

Results of Excess [illegible]

Fats - Large [illegible] nausea ([illegible])

Carbohydrates - [illegible]

[illegible]

6 sweets dulls appet - nausea.
7 eat fruit after sweet
Protein - Not easily cared for by body. Too much work of digest. Strain on excretory organs.
Mineral - Potassium causes salt craving. Too little salt cause disinclination for food in lot. Too much - interferes with digestion.

Evidences of Poor Nutrition
1. slow growth
2. Under weight
3. Poor teeth
4. " Post.
5. Dull eyes
6. [illegible] by [illegible]
7. Susceptib. to diseases
8. Tired

Malnut caused by
1. Lack of knowledge of food values
2. Poor eating habits
3. Unwholesome [illegible] & [illegible]
4. Physic. [illegible] [illegible] & [illegible]
5. Poor income.

1. adulteration

[illegible] - [illegible]

Storage:
[illegible] for [illegible] [illegible]

Preservation:
[illegible] [illegible] of micro - organism causing food to decompose.
Aims - 1 free food from [illegible] organisms
2. to [illegible] food [illegible] spoilage

Eg - cooking
refrigeration - cold storage, freezing.
drying - salting - [illegible] canning
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible]

[illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] food Temp [illegible] [illegible] [illegible] 5 °C [illegible] °C
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] 2-3 Days [illegible] - [illegible]
[illegible] at low Temp.

Drying - [illegible] [illegible] [illegible] by drying - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] water [illegible] [illegible] [illegible]
[illegible] by drying method [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible]

Salting - Pickling
[illegible] salted [illegible] [illegible] [illegible] [illegible]
[illegible]

204 Canning - [illegible] [illegible] [illegible] [illegible] of food [illegible]
[illegible] [illegible] [illegible] food. [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible]

Older Community Relations. Report VII

Restaurants -

Cleanliness
Type & no. of vermin.
Unnecessary handling.
Of equal if not greater imp. of retailed store. Carriers & in early stages of disease i.e. clerks, dish washers, etc.
Utensils might be thoroughly cleaned in this case infective agents survive.
Higher rate of infection among staff than in stores.
Ordinary use of dish washing no good to destroy disease.
Use of boiling water most effective. Soapy water on wire tray. No wiping necessary.
Diseases (by contact) away from rest. tel everything over.
Hotels in Wt. S.
Well - lighted & ventilated, free from flies, & vermin. Windows doors inaccessable free " " by screens. All linen clean & sanitary. all food properly cleaned & served. Rooms for Rest.
food - clean, & in good order.

Swimming Pools -
Care & Sanitation.
2 types - 1. fill & draw - water drawn off & replaced at frequent intervals.
2. Recirculating type - pipes, - inlets, outlets, - hair catcher, pumps, mechanisms for coagulation & alkaline treatment, filters, disinfecting apparatus, water heater, suction cleaner.

Construction - Efficient drainage & cleaning
Scum gutter for stuff in & scum
Vacuum cleaner apparatus for removal of sediment from bottom of Pool.
Disinfection
Continuous. Chlorinator of approved type

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for application of chorline & water. Tests 1 or 2 times per day.

Types 1. Use of chorline compounds - calcium chloride
liquid chorline hypo-chorlite

2. Ultra-violet lamps. Purified only when in contact with lights. - not very satisfactory.

3. Recirculating - Water piped thro. sand filters receives dose of liquid chlorine & entering pool - coagulated alum added to water at intervals. Makes water sticky film prevents bact. from going thro' - Loses 95% of bacteria. For sufficient action water must b alkaline - soda ash or ammonia added.

4. Bacterial Test - 1. For bact. content & presence of organisms of colon group.

2. 2 samples taken per wk.

3. Algi develop - destroyed by copper sulphate.

Bathing load -
12 - 20 person for every 1,000 gals. water

Lockers, toilets & showers frequently scrubbed. Ample floor drains. No connection betw.

Athletic Ft. Infection.
Fungus hard 2 kill.
Controlling & preventing:
1. Recog. cases of infection & referring for treatment:
2. Compelling wearing of shoes ... in bare ... floors,
3. " use of antiseptic ft. bath
... solution ... used. .05% ... 1% ...

Standards

1 Well lighted for safety
2 Perfectly smooth surface – no cracks, etc
3 Clear away drainage from pool
4 Pool & runway free from obstruction
5 Clean, pure, odorless water by inflowing stream, filtration alone insufficient & disinfection necessary by chlorine of lime, chlorine gas, ultra-violet rays or ozone.
6 Strict supervision of bathers
  a Med. Exam
  b Inspection at entry
  c Pre-cleansing bath w. soap
7 Attendance experienced in swim & life saving always on duty
8 Pool locked when not in use.

Boarding Houses –

1. The M.O.H. can enter into B.H. at any moment.
2. If in such room more persons than healthful – not more than 400 c' of air space – ventilation, etc – to endanger public health – ordered to remove anything obstructing
3. Placards – Habitations unsuitable or dangerous to health of public closed by M.H.O.
4. Owners of B.H. compelled to have fire escapes if more than 2 floors high
5. 1934 British Housing Bill

  1 room – 2 people.
  2 " – 3 "
  3 " – 5 "
  4 " – 7½ " ½ child under 10
  5 " – 10

Floor Area—

100 sq.' or more — 2 persons
90 " " — 1 1/2 "
70 " " — 1 "
60 " " — 1/2 "
Under " " — too small

Barber Shops & Beauty Parlors—

Syphilis transmitted if disease ready & skin & exceptions

Reg. of B.S. & B.P.—

Person purposes [illegible] & clean
or revoke any license or contract

& City Council [illegible] 1937

1. [illegible] any license & can control no. of shops.

2. Only [illegible] if [illegible] by [illegible] H. O.

3. Hot water systems for [illegible] water only

4. [illegible] [illegible] [illegible] in [illegible] or portable [illegible]

5. Hair brushes or [illegible] [illegible] & [illegible] by [illegible] Also Shaving brushes

6. [illegible] liquid powder or soap used shaving cream approved by N. H. O.

7. Clean roll of paper or cloth of [illegible] for clean neck rest — Each time.

8. Each towel & clean [illegible] & clean [illegible]

9. No food 4 sale in B. Shop.
10. No customer shaved if rash on head or neck.
11. Walls & ceilings cleaned & papered.
12. Lighted & aired.
13. Furnishings cleaned.
14. Sanitary conditions for use of customers.
15. Attendants wear light clean coat.
16. Hands washed each time.
17. No communicable diseases which working.

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Milk — Report 8

- Protected Protective Food.

Milk - valuable, protectes - also butter, cheese, meats, fruit, veg. etc. whole grain cereals.

- convenient source of calcium - 3/4 qt. from diet by milk. not expensive. Also proteins, salts, vitamins, sugar, some fat Obj. state makes it digestable.

Protein not nutritional.

Casein provides amino acids.

Milk also supplies fat + carboy.

Fat melt at lower temp than other fats ∴ easily digested. Vit A., + Riboflavin (B vit) are present. These essential for growth.

Vit A. forms part of visual purple helps prevent night blindness. Also normal metabolism.

Thiamin - (B, V) Beberi.

Not perfect food as doesn't contain all constituents - not need iron but what it has is utilized well.

From Pasteurization

Nutrient value of milk protein not lessened.

Sugar + fat not altered.

Calcium + phosphorous content not diminished.

Doesn't lessen Vit. A. content.

Total Nutrient value not altered.

Increase consumption of milk in Can. would improve level of Public Health.